

# NORTH LAUREL 50+CENTER

JULY, AUGUST, SEPTEMBER 2023



**9411 Whiskey Bottom Road  
Laurel, MD 20723  
(410) 313-0380**

**Center Email**  
northlaurel50@  
howardcountymd.gov

**Monday - Friday**  
8:30 am - 4:30 pm

**50+Center Hotline**  
410-313-5400

**GO50+Hours**  
Monday - Saturday  
8 am - 9 pm  
Sunday 9 am - 6 pm

**Program & Inclement  
Weather Status Line**  
410-313-7777

**Newsletter Online**  
[www.howardcountymd.gov/aging-independence/north-laurel-50-center](http://www.howardcountymd.gov/aging-independence/north-laurel-50-center)

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**Howard County**  
  
**50+ CENTERS**  
Enrichment. Engagement. Connection. Growth.

**NAVIGATING  
LOCAL AGENCY SERVICES**  
FRIDAY, JULY 7, 1pm

**WHAT IS SENIOR PLANET?**  
WEDNESDAY, JULY 5, 10:30am

**AARP SMART DRIVER TEK**  
THURSDAY, JULY 13, 11am

**BALTIMORE MUSEUM OF INDUSTRY  
"BALTIMORE IN MOTION"**  
FRIDAY, JULY 14, 11am

**VALUATING & LIQUIDATING  
COIN COLLECTIONS**  
FRIDAY, JULY 21, 11am

**LAUREL HISTORY BOYS  
"FORT MEADE STORIES"**  
WEDNESDAY, AUGUST 30, 1pm

**REPAIR CAFE**  
FRIDAY, SEPTEMBER 22, 11am

**HISPANIC HERITAGE MONTH  
\* TRIVIA! \***  
FRIDAY, SEPTEMBER 29, 11am

# GENERAL INFORMATION

## 50+ Center Staff

### **Lucky Sohi, Director**

lsahi@howardcountymd.gov  
410-313-0388

### **Darlene Vaselaros, Assistant Director**

dvaselaros@howardcountymd.gov  
410-313-0389

### **Carmen Faye, Registrar**

cfaye@howardcountymd.gov  
410-313-0380

### **Cheryl Campbell, Nutrition Specialist**

chcampbell@howardcountymd.gov  
410-313-0387 (Wednesdays & Fridays)

### **Claudia, Mixco, MAP Resource Specialist**

cmixco@howardcountymd.gov  
410-313-5953

## **North Laurel 50+ Center Council**

*The council is proud to sponsor a portion of the congregate lunch program in addition to special events.*

### **Upcoming Center Council Meetings:**

September 19 at 1 pm

## **Newsletter**

Would you like your newsletter delivered to your inbox? Just click on or copy this link to sign up:

<https://bit.ly/HoCosubscribe>

## **Howard County 50+ Center Participation Guidelines**

Anyone 50 years or older is welcome to join 50+ Center activities. In order to ensure a healthy and safe environment for all participants, there are a few simple guidelines to ensure that all members' rights and needs are respected. To obtain a full list of guidelines, please request a copy at the 50+ Front Desk.

## **Please Scan In**

Upon entering the Center, please have your membership card available to scan. This helps track accurate Center attendance. Your cooperation is greatly appreciated.

## **Membership Registration**

Membership to Howard County 50+ Center is required to attend or register for any class, program or activity. It is free for those age 50+ who have completed an application packet. Regardless of where one registers, membership is valid at all Howard County 50+ Centers. Membership renewal may require a new form and completed waiver. Prior to on-line registration, please check with the Front Desk to assure that your membership is current.

**Please inform the Front Desk if there have been any changes to your address, phone number or your emergency contact information.**

## **Americans with Disabilities Act Accommodations**

To request this document in an alternate format, or to request an accommodation to participate in a program/event, contact the Center at 410-313-0380 at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

# NL50+ JULY AT A GLANCE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p><b>Independence Day</b></p> <p><b>Center Close</b></p>	<p>4</p> <p><b>Independence Day</b></p> <p><b>Center Closed</b></p>	<p>5</p> <p>8 Walking Club  <b>1030 Senior Planet Outreach</b>  12:30 Age Well  1 Open Games</p>	<p>6</p> <p>8 Walking Club  10 Care Talk Appts.  10 On Our Minds*  <b>10 Bingo</b></p> <p>* virtual</p>	<p>7</p> <p>8 Walking Club  <b>10 Federal Agencies Table</b>  10 Zumba  <b>11 The Heart Sings</b>  11 Sit Stitch 'n Give  11:30 Age Well  <b>1 Navigating Local Agencies</b></p>
<p>10</p> <p>8 Walking Club  11:30 Mat Pilates  12:30 Core Fit</p>	<p>11</p> <p>8 Walking Club  11:15 Line Dance</p>	<p>12</p> <p>8 Walking Club  10 Chair Yoga Dance  <b>10 Tasty Tidbits</b>  11:15 Gentle Yoga  <b>12 Center Closing</b>  <b>No Lunch Service</b></p>	<p>13</p> <p>8 Walking Club  10 On Our Minds*  <b>10 Card making</b>  <b>11 AARP Smart Driver</b>  <b>11 Trivia!</b>  11:30 Mat Pilates</p> <p>* virtual</p>	<p>14</p> <p>8 Walking Club  10 Zumba  <b>11 BMI</b>  11 Sit Stitch 'n Give  11:30 Age Well</p>
<p>17</p> <p>8 Walking Club  11:30 Mat Pilates  12:30 Core Fit</p>	<p>18</p> <p>8 Walking Club  11:15 Line Dance  1 Acoustic Jam</p>	<p>19</p> <p>8 Walking Club  10 Chair Yoga Dance  <b>11 Reinventing Retirement</b>  11:15 Gentle Yoga  12:30 Age Well  1 Crafting Club  1 Open Games</p>	<p>20</p> <p>8 Walking Club  10 On Our Minds*  <b>10 Movie Matinee</b>  11:30 Mat Pilates</p> <p>* virtual</p>	<p>21</p> <p>8 Walking Club  10 Zumba  <b>11 Coin Collecting</b>  11 Sit Stitch 'n Give  11:30 Age Well</p>
<p>24</p> <p>8 Walking Club  <b>10 Ask the Officer With Breakfast</b>  11:30 Mat Pilates  12:30 Core Fit</p>	<p>25</p> <p>8 Walking Club  <b>11 Senior Planet</b>  11:15 Line Dance</p>	<p>26</p> <p>8 Walking Club  10 Chair Yoga Dance  <b>11 Fat Can Be Heart Healthy</b>  11:15 Gentle Yoga  12 Computer Chat  <b>12 Birthday Bash</b>  12:30 Age Well  1 Crafting Club  1 Open Games</p>	<p>27</p> <p>8 Walking Club  10 On Our Minds*  <b>10 Bingo</b>  11:30 Mat Pilates</p> <p>* virtual</p>	<p>28</p> <p>8 Walking Club  10 Zumba  <b>11 Cutting the Cord</b>  11 Sit Stitch 'n Give  11:30 Age Well</p>
<p>31</p> <p>8 Walking Club  11:30 Mat Pilates  12:30 Core Fit</p>				

# NL50+ AUGUST AT A GLANCE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8 Walking Club 11:15 Line Dance 1 Acoustic Jam	2 8 Walking Club 10 Chair Yoga Dance 11:15 Gentle Yoga 12 Computer Chat 12:30 Age Well 1 Crafting Club 1 Open Games	3 8 Walking Club 10 Care Talk Appts. 10 On Our Minds* <b>10 Bingo</b>  * virtual	4 8 Walking Club 10 Zumba <b>11 MAP: Get Where You Need To Be</b> 11 Sit Stitch 'n Give 11:30 Age Well
7 8 Walking Club 12:30 Core Fit	8 8 Walking Club 11:15 Line Dance	9 8 Walking Club 10 Chair Yoga Dance 11:15 Gentle Yoga 12 Computer Chat 12:30 Age Well 1 Open Games	10 8 Walking Club 10 On Our Minds* <b>11 Trivia!</b>  * virtual	11 8 Walking Club 10 Zumba 11 Sit Stitch 'n Give 11:30 Age Well
14 8 Walking Club 11:30 Mat Pilates 12:30 Core Fit	15 8 Walking Club 11:15 Line Dance 1 Acoustic Jam	16 8 Walking Club 10 Chair Yoga Dance <b>10 SCAMO!</b> 11:15 Gentle Yoga 12:30 Age Well	17 8 Walking Club 10 On Our Minds*  * virtual	18 8 Walking Club 10 Zumba 11 Sit Stitch 'n Give 11:30 Age Well <b>12 World Senior Citizens Day Lunch</b>
21 8 Walking Club 11:30 Mat Pilates 12:30 Core Fit	22 8 Walking Club 11:15 Line Dance	23 8 Walking Club 10 Chair Yoga Dance 11:15 Gentle Yoga 12:30 Age Well 1 Crafting Club	24 8 Walking Club 10 On Our Minds* <b>10 Bingo</b> 11:30 Mat Pilates  * virtual	25 8 Walking Club 10 Zumba 11 Sit Stitch 'n Give 11:30 Age Well
28 8 Walking Club <b>10 Ask the Officer With Breakfast</b> 11:30 Mat Pilates 12:30 Core Fit	29 8 Walking Club <b>11 Senior Planet</b> 11:15 Line Dance	30 8 Walking Club 10 Chair Yoga Dance 11:15 Gentle Yoga <b>12 Birthday Bash</b> 12 Computer Chat 12:30 Age Well <b>1 Laurel History Boys</b> 1 Open Games	31 8 Walking Club 10 On Our Minds* <b>10 Movie Matinee</b> 11:30 Mat Pilates	

# NL50+ SEPTEMBER AT A GLANCE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 8 Walking Club <b>10 Council Meet &amp; Greet</b> 10 Zumba 11 Sit Stitch 'n Give 11:30 Age Well <b>12 Labor Day Lunch</b>
4  <b>LABOR DAY</b>  <b>CENTER CLOSED</b>	5 8 Walking Club <b>10:30 Ultimate Beginner Line Dance</b> 11:15 Line Dance <b>1 Acoustic Jam</b>	6 8 Walking Club 10 Chair Yoga Dance <b>11 Healthy Bones</b> 11:15 Gentle Yoga 12 Computer Chat 12:30 Age Well 1 Crafting Club 1 Open Games	7 8 Walking Club 10 On Our Minds* <b>11 Bingo</b> 11:30 Mat Pilates  * virtual	8 8 Walking Club 10 Zumba <b>11 Civic Works</b> 11 Sit Stitch 'n Give 11:30 Age Well
11 8 Walking Club 11:30 Mat Pilates 12:30 Core Fit	12 8 Walking Club <b>10:30 Ultimate Beginner Line Dance</b> 11:15 Line Dance	13 8 Walking Club 10 Chair Yoga Dance <b>11 Know Your Heart Signs</b> 11:15 Gentle Yoga 12 Computer Chat 12:30 Age Well 1 Crafting Club 1 Open Games	14 8 Walking Club 10 On Our Minds* <b>11 Trivia</b> 11:30 Mat Pilates  * virtual	15 8 Walking Club 10 Zumba <b>11 Human Trafficking Awareness</b> 11 Sit Stitch 'n Give 11:30 Age Well
18 8 Walking Club 11:30 Mat Pilates 12:30 Core Fit	19 8 Walking Club <b>10:30 Ultimate Beginner Line Dance</b> 11:15 Line Dance <b>1 Council Meeting</b> <b>1 Acoustic Jam</b>	20 8 Walking Club 10 Chair Yoga Dance <b>11 MAP—Get To Know Your Resource Guide</b> 11:15 Gentle Yoga 12 Computer Chat 12:30 Age Well 1 Crafting Club 1 Open Games	21 8 Walking Club 10 On Our Minds* <b>10 Movie Matinee</b> 11:30 Mat Pilates  * virtual	22 8 Walking Club 10 Zumba <b>11 Repair Cafe</b> 11 Sit Stitch 'n Give 11:30 Age Well
25 8 Walking Club <b>10 Ask the Officer With Breakfast</b> 11:30 Mat Pilates	26 8 Walking Club <b>10:30 Ultimate Beginner Line Dance</b> <b>11 Senior Planet</b> 11:15 Line Dance	27 8 Walking Club <b>11 Falls Prevention</b> 12:30 Age Well 12 Computer Chat <b>12 Birthday Bash</b> 1 Crafting Club 1 Open Games	28 8 Walking Club 10 On Our Minds* <b>10 Bingo</b> <b>10 Fall Card Making</b>  * virtual	29 8 Walking Club <b>11 HCLS Hispanic Heritage</b> 11 Sit Stitch 'n Give

# GENERAL INFORMATION

## Sign-Up & Payment For Programs & Classes

Payments for programs and classes can be made via cash, credit card or a check made payable to Howard County Director of Finance. Online registration can be done at the ActiveNet website: [http:// apm.activecommunities.com/howardcounty](http://apm.activecommunities.com/howardcounty). An account must be established prior to registering for class. Late registrations will be accepted if space is available.

## Class Withdrawal Policy

We recognize that there are times when you may need to withdraw from a class. Refund requests are subject to a 20% administrative fee and there are no refunds for missed classes. Additional fees may be assessed to recover costs associated with the program.

# ONGOING PROGRAMS

## Billiards and Table Tennis

Billiards and table tennis tables available for friendly play. Check availability with the Rec & Parks Front Desk at 410-313-0390.

**8am Monday - Friday**

## Computer Chat

Getting hung up on ever advancing technology? Need a little one-on-one time to ask questions that pertain to your specific problem? Schedule a free one-hour appointment at the 50+ Front Desk. Please only sign up for 2 weeks in a row and bring your own device. No class on Jul 5, 12, 26 & Aug 16 & 23.

**12 - 3pm Wednesdays**

## Acoustic Jam Session

Meet up with other local music enthusiasts to share and play your instrument of choice. All talents are welcome!

**1 - 3pm First & Third Tuesdays**

## The Craft Club

Share ideas, connect and create easy do-it-yourself projects in an engaging environment. All crafters are welcome! Please bring your own materials. No meeting August 9, 16, 23, 30. Please sign up at the 50+ Front Desk.

**1- 3pm Wednesdays**

## Open Games - \* **NEW** \* Lawn Games!

Enjoy an afternoon of open game play. Room reserved for those willing to share the space with others playing different games. Bring your own or choose from those at the Center. **We are now also offering "Lawn Games" in the courtyard when space and weather permits. Please come to the 50+ Front Desk to sign out and return lawn games.** No games on August 16.

**1- 3pm Wednesdays**

**Center Closed: July 3, July 12 closes at 12pm (noon), September 4**

# ONGOING PROGRAMS

## On Our Minds\* (formerly Newstalk)

An upbeat group discussing a variety of topics with a high value on consideration, mutual respect, and support. Join in the Conversation! A Seniors Together Peer Outreach facilitated group. \*This group meets virtually. For more information or the link to join, contact Karen Hull at 410-313-7466.

**10 - 11am Thursdays**

## NL50+ Council Meet & Greet

Come meet our Council members and find out more about what they do and see if you'd like to join also! No Meet & Greet in July & August.

**9am - 12pm First Fridays**

## Sit, Stitch 'n Give

Gather to socialize and stitch projects for your personal use or for community giving. Knitters, crocheters, fabric crafters and others come together to share their talents. Drop in on this fun and ageless group who happily share fellowship and conversation.

**11am - 2pm Fridays**

## Nutrition Consultation

Carmen Roberts, RD, LDN, is available for individual consultation sessions to answer questions about diet and nutrition. Sign up at the 50+ Front Desk for a 30 minute session. See dates & times below.

**Jul 12: 11am, 11:30am, 12pm**

**Aug 11: 11am, 11:30am, 12pm**

**Sept 6: 9am, 9:30am, 10am**

## CARE TALKS

The Caregiver Support Program will be at North Laurel 50+ Center once a month for in-person meetings with caregivers offering information and resources to assist you in their journey. Please contact Earnestine Thomas at 410-313-5969 or

[ethomas@howardcountymd.gov](mailto:ethomas@howardcountymd.gov).

**10 - 12pm First Thursdays**

## Story Time for All

The North Laurel preschoolers are looking for new story time readers to join them as they learn about the world around us! If you are interested please let us know so we can get you on the schedule. Sign up at the 50+ Center Front Desk.

## Trivia!

Join in for a friendly game of trivia covering a wide variety of topics! Please sign up at the 50+ Center Front Desk.

**11am - 12pm Second Thursdays**

**Free**

## Matinee Movie - **Note Adjusted August Date**

Join in for a fun movie afternoon with free viewing and snacks for sale. Movies choices will be posted on the bulletin board and in the sign up book. Sponsored by the North Laurel 50+ Senior Council. Please sign up at the 50+ Center Front Desk.

**July 20—80 for Brady**

**August 31—A Man Called Otto**

**September 21—The Book Club**

**10am - 12pm Third Thursdays**

**Free**

## Bingo!

Join in for a friendly game of Bingo! Please sign up at the 50+ Center Front Desk.

**10—11am First & Fourth Thursdays**

**Free**

## Please don't be shy!

Let Lucky, Darlene, Carmen, or Cheryl know how we can better serve you!  
We also have a comment box at the front desk for your ideas!

What programs would you like to see?

Contact us — all the information is on the front cover!



EVENTS AND PROGRAMS	
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## Aging with Attitude

## What is “Senior Planet”?

Howard County Office on Aging and Independence is partnering with Senior Planet from AARP to help older adults use technology to learn new skills, save money, access healthcare, make new friends, and much more. Classes are hosted in Howard County and are intended for adults 50 and over. Visit Howard County's Digital Inclusion Specialist to test out your digital literacy, learn more about this new program, and sign-up for an upcoming FREE class!

**Jul 12 10:30am - 12:30pm W**

## Local Federal Agencies Information Table

Come and learn about citizen services and our local federal agencies and the assistance they can provide you. No signup required.

**Jul 7 10am - 12pm F**

## Free

### Julia's Heart "The Heart Sings":

Come join Shaunta Gilchrist, owner of Julia's Heart as she presents a music therapy and musical celebration class called "The Heart Sings". This popular class will offer music jeopardy along with an entertaining musical celebration! You won't want to miss this fun, engaging, and stimulating presentation! Please sign up at the 50+ Front Desk.

**Jul 7 11am - 12pm F**

## Free

## Navigating Local Agency Services

Learn more about the Office on Aging and Independence. Learn about their programs and services. Will also review other local aging services. Presented by Maryland Access Point (MAP). Please sign up at the 50+ Front Desk.

**Jul 7 1 - 2pm F**

## Free

### Tasty Tidbits:

## Garden Fresh Corn Salad

Fresh sweet corn, cucumber, radishes, tomato, herbs, jalapeño and creamy feta make this salad burst with flavor. It is the perfect appetizer or side dish to pair with grilled foods on your summer dinner table. Please sign up at the 50+ Front Desk.

**Jul 12 10-11am W**

## Free

## AARP Smart Driver TEK

Smart DriverTEK is a 90-minute workshop offering an interactive way to stay up to date with the latest safety technology in your current or future car. Learn all about what new technologies are available, how they work, and how they can improve your peace of mind on the road. Register today and tell a friend—it's FREE!

Please sign up at the 50+ Center Front Desk.

**Jul 13 11am - 12:30pm TH**

## Free



## Summertime Celebration Card Making

Enjoy the best of summer without the vacation traffic! Escape the heat and make some fun summer-themed cards. We will make three beautiful cards for your choice of occasion celebrating the best of summertime. No paper crafting experience is necessary. Paper, envelopes, stamps, ink, and special crafting tools will be provided. Please sign up at the 50+ Front Desk.

**Jul 13 10am - 12pm TH**

**\$8**

**A06503.401**



# EVENTS AND PROGRAMS

## **Baltimore Museum of Industry (BMI):**

### **Baltimore in Motion:**

#### **Trains, Planes, and Automobiles**

Baltimore began as a center for exchange and trade, but the city reinvented itself as the demands and opportunities of the times changed. Over the last 300 years, Baltimore has moved from an agrarian export center, to an industrial giant, and prospers today as a logistics hub. Baltimore's citizens hewed and sailed wooden, then steel, ships, built and operated a half dozen railroads, designed and drove electric, steam, and gasoline powered cars, and manufactured aircraft from man's first days of taking to the air. This is the story of where we have been and how we got there: a history of a city in motion. Please sign up at the 50+ Front Desk.

**Jul 14 11am - 12pm F**

**Free**

## **Retirement Reinvention**

Because retirement planning is not "one and done." Now that you are experiencing retirement, what lessons have you learned? How does the reality match the perception you had? Are you embracing the changes? How will you live the next 10 years? Join Lianne Gayle to learn more about how you can connect yesterday's dream to today's reality. Please sign up at the 50+ Front Desk.

**Jul 19 11am - 12pm W**

**Free**

## **Valuating and Liquidating Coin Collections**

Do you have a coin or currency collection and always wondered its worth? Drage Vukceovich will show you how to assess the likely value of your coin or currency collection, finding out what you should and shouldn't do. Also, learn how to go about selling your collection for its true value without being taken advantage of. Please sign up at the 50+ Front Desk.

**Jul 21 11am - 12pm F**

**Free**

## **"Ask the Officer" with Officer Chris Cromwell**

Join Officer Chris Cromwell for a general safety update and Q&A session. Please bring your questions and concerns and Officer Cromwell will be available to listen and help for free. Coffee & light breakfast will be available. Please sign up at the 50+ Center Front Desk.

**Jul 24 10 - 11am M**

**Free**

## **Senior Planet—Smartphones**

If you're curious about what smartphones can do and why they've grown so popular, come to this lecture. You'll learn about popular smartphones on the market and some of their pros and cons. We'll also compare and contrast two of the most popular operating systems: Android and Apple's iOS. Please sign up at the 50+ Front Desk.

**Jul 25 11am - 12pm T**

**Free**

## **Fresh Conversations: Fat can be Heart Healthy**

For many years fat has been getting bad press. But, not all fats are created equal. Learn how to determine which foods contain heart healthy fats. Please sign up at the 50+ Front Desk.

**Jul 26 11am - 12pm W**

**Free**

## **Cutting the Cord**

Want to save \$50-\$100 a month on your cable TV bill? Are you paying for a hundred channels that you don't watch? Come learn about the alternatives to Verizon and Comcast cable TV. Come learn your options on cutting the cord. Learn How to stream TV. Learn how to go back to the antennae. Please sign up at the 50+ Front Desk.

**Jul 28 11am - 12pm F**

**Free**

Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.

# EVENTS AND PROGRAMS

## Get You To Where you Need to Be

Learn more about what transportation options are available in Howard County and how to get connected. Presented by Maryland Access Point (MAP). Please sign up at the 50+ Front Desk.

**Aug 4 11am - 12pm F**

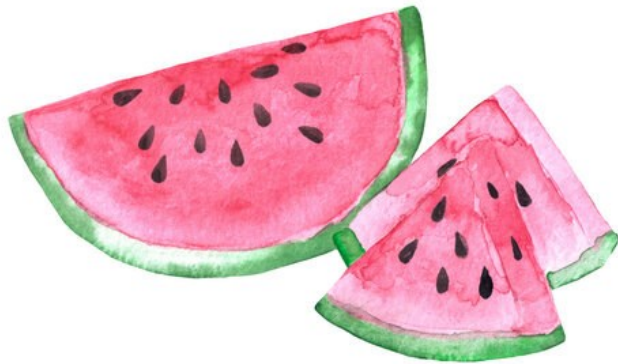
**Free**

## SCAM-O

Do you love playing BINGO? Come join Beth Silverman from Office of Consumer Protection to learn about scams and other consumer rights in this fun and interactive way! Please sign up at the 50+ Front Desk.

**August 16 10 - 11am W**

**Free**



## Tasty Tidbits:

### Watermelon Salsa

Light and refreshing, watermelon adds a touch of sweetness to this delicious salsa recipe. Great with chips or on grilled meats, this recipe is full of flavor that will surely enhance your summer meals. Please sign up at the 50+ Front Desk.

**Aug 16 10-11am W**

**Free**

## World Senior Citizens Day Lunch

Join us as we celebrate you! Please sign up at the 50+ Front Desk.

**Aug 18 12pm F**

## “Ask the Officer” with Officer Chris Cromwell

Join Officer Chris Cromwell for a general safety update and Q&A session. Please bring your questions and concerns and Officer Cromwell will be available to listen and help for free. Coffee & light breakfast will be available. Please sign up at the 50+ Center Front Desk.

**Aug 28 10 - 11am M**

## Senior Planet - Looking for a new computer?

This informational session addresses some of the most common questions surrounding how to choose a new computer: Where to start? What's a reliable brand? How much should you budget? What technical specifications? We will also cover operating systems and compare alternatives to the traditional computer, e.g. tablets and Chrome-books. Please sign up at the 50+ Front Desk.

**Aug 29 11am - 12pm T**

**Free**

## Laurel History Boys “Fort Meade Stories”

Learn about when Ike & Mamie Eisenhower lived in Laurel and Fort Meade, the Hollywood entertainers who enlisted and spent time at Fort Meade during WWII, the dozens of singers, actors, and celebrities who entertained the troops at Fort Meade, and the Pigeon Corp that trained carrier pigeons at Fort Meade for the battlefield over three wars. Please sign up at the 50+ Front Desk.

**Aug 30 1 - 2pm W**

**Free**



# EVENTS AND PROGRAMS



## Labor Day Lunch

Join us for a Labor day Celebration! Please sign up at the 50+ Front Desk.

**Sept 1 12pm F**

## How Can You Keep Your Bones Healthy?

Protecting and maintaining strong bones is easier than you think. Join Registered Dietitian Carmen Roberts for a discussion on how diet, medication, physical activity, and other lifestyle factors can affect bone health. Please sign up at the 50+ Front Desk.

**Sept 6 11am - 12pm W**

**Free**



## Civic Works

Learn about how you can make your home more energy efficient at low or even no cost! Presented by Sam Knight with Civic Woks. Please sign up at the 50+ Front Desk.

**Sept 8 11am - 12pm F**

**Free**

## Senior Planet—

### Benefits of Connecting to the Internet

This presentation offers real life examples of the ways that home internet access can help you save money, connect with others, and make everyday tasks easier. In this lecture, we'll review common terminology associated with an internet connection, as well as how fast a connection you need to do some of the most common online activities like stream videos and music, check email, and video chat. We'll also explore different ways of connecting to the internet as well as resources for available service in your area. Please sign up at the 50+ Front Desk.

**Sept 19 11am - 12pm T**

**Free**

## Tasty Tidbits:

### Broccoli and Quinoa Salad

The quinoa is light and nutty, the broccoli is crisp, and a the fresh cilantro and lime juice make this salad animated and fresh. It makes a great side dish and tastes as good the day it is made as it does leftover! Please sign up at the 50+ Front Desk.

**Sept 13 10-11am W**

**Free**



## Fresh Conversations: Know Your Heart Signs

Our bodies give us different signs that something is not quite right. But do you know the common signs of a heart attack are not the same for everyone. Come to class and learn tips on what heart signs to look for. Please sign up at the 50+ Front Desk.

**Sept 13 11am - 12pm W**

**Free**

# EVENTS AND PROGRAMS

## Human Trafficking Awareness Presentation

Yes, Human Trafficking does happen in Howard County. Therefore, come join Andrea Nunez from the Howard County DCRS Office of Human Trafficking Prevention to hear an introduction to human trafficking. Attendees will learn the definitions of sex and labor trafficking, vulnerabilities, and dispel common myths. In addition, you can find out how you can responsibly help in the fight against Human Trafficking. Please sign up at the 50+ Front Desk.

**Sept 15 11am - 12pm F**

**Free**

## "Critical Questions to Ask When Interviewing & Hiring a realtor"

Selling your home may be the biggest financial decision of your life—so how do you decide who to choose? Learn how to interview/hire the agent who will make the home sale process less stressful for you, give tips to get your home ready, & will get you the best price & contract terms. You will learn how to determine an agent's experience & success --all by asking critical questions. Please sign up at the 50+ Front Desk.

**September 20 11am W**

**Free**

## Get To Know Your Resource Guide

The Resource Guide for Older Adults and Adults with Disability is an annual comprehensive publication that provides up-to-date information on a variety of aging resources. Learn more about this guide and how you can use this information to help you stay connected. Presented by Maryland Access Point (MAP). Please sign up at the 50+ Front Desk.

**Sept 20 1 - 2pm W**

**Free**



## Repair Café

Repair Cafés are part of a growing international trend, where people gather in community to try to fix things instead of throwing them away, from cherished heirlooms to that Ikea lamp that refuses to light. And have fun doing it! Here in Howard County, they are held regularly at Freetown Farm, and occasionally at other locations. Learn what we do and how we do it! Please sign up at the 50+ Front Desk.

**Sept 22 11am - 12pm F**

**Free**

## "Ask the Officer" with Officer Chris Cromwell

Join Officer Chris Cromwell for a general safety update and Q&A session. Please bring your questions and concerns and Officer Cromwell will be available to listen and help for free. Coffee & light breakfast will be available. Please sign up at the 50+ Center Front Desk.

**Sept 25 10-11am M**

**Free**

## Senior Planet:

### Connecting to the Internet Workshop

Not always sure if your internet-enabled devices are connected to the internet? In this hands-on workshop, we'll go over how to check the WiFi connection on your PC, iPhone, or Android smartphone. We'll also cover how to use the hotspot from your smartphone and best practices for password protection and connecting to public WiFi. Limited to 8 participants. Please sign up at the 50+ Front Desk.

**Sept 26 11am - 12pm T**

**Free**

## EVENTS AND PROGRAMS

### Fall Prevention

Fall prevention is an important topic to consider as you get older. Physical changes and health conditions - and sometimes the medications used to treat those conditions - make falls more likely as you age. In fact, falls are a leading cause of injury among older adults. Still, fear of falling doesn't need to ruin your life. Come join us and learn more! Please sign up at the 50+ Front Desk.

**Sept 27 11am - 12pm W**

**Free**

### Fall Card Making Class

Crunching leaves, rich colors and crisp temperatures all signal the arrival of Fall. Come celebrate the seasonal changes and make three elegant greeting cards for your chosen occasion. All the supplies you need will be provided. No previous card making experience is necessary. Please sign up at the 50+ Front Desk.

**Sept 28 10am - 12pm TH**

**\$8**

[A06503.403](#)



### Hispanic Heritage Month Trivia with Howard County Library

Are you ready to have fun and learn something new? Celebrate Hispanic and Latino history, art, culture and more during our Hispanic Heritage Month Trivia game. Team up or play solo during this morning of trivia fun with your favorite library system. See you at trivia! Please sign up at the 50+ Front Desk.

**Sept 29 11am - 12pm F**

**Free**

## EXERCISE AND FITNESS



For just \$75/year, Go50+ members can use the fitness equipment rooms at three 50+ Center locations: Elkridge, Ellicott City and Bain 50+ Centers, as well as in the community centers at Glenwood, N. Laurel, and Ellicott City.

Those needing a brush-up on how to use the exercise equipment can view a video at:  
<https://www.youtube.com/watch?v=8KyvEPCNJZ8>

If you need an update on the status of your Go50+ membership or would like additional information, please call the 50+ Front Desk.

Current Fitness Class Schedules available at 50+ Center Front Desk



# EXERCISE AND FITNESS

## **Age Well Exercise - Note New Schedule**

Practice basic aerobic combinations to increase cardiovascular endurance and muscular stamina. Build lean muscle mass and bone density through strength training. Conclude with stretching to help you feel your best. Classes are cosponsored by the Howard County General Hospital. No class July 12.

Instructor: Roxanne Hartman, OTR/L, CDP

**Jul 5 12:30am-1:30pm W / 11:30-12:30 F**  
**\$76 / 24 classes**

[A06463.401](#)

## **Chair Yoga DANCE!**

Loosen and stretch muscles, reduce stress and improve circulation while building strength and balance. Each class starts with breath work and slow body warmups, then moves to accessible seated dance movements. The best part is we all move together to songs of yesteryear as well as popular songs of today.

Instructor: Lisa Rados

**Jul 12 10 - 11am W**

**\$70 / 11 classes**

[A06414.401](#)

## **Core Fit—Strength & Balance**

This energizing and effective class starts with a brief dynamic cardio warm-up, then moves into a total body resistance portion to build strength, stability, and muscular endurance, and lands in an all-encompassing core and balance section that includes standing and/or seated exercises using a variety of modalities and moving cognitive tasks - all designed to challenge and improve your dynamic standing balance and help you attain your optimal fitness level. Please sign up at the 50+ Front Desk.

Instructor: Roxanne Hartman, OTR/L, CDP

**Jul 3 12:30pm - 1:30 M**

**\$59 / 11 classes**

[A06415.401](#)

## **Gentle Yoga**

Learn basic yoga poses and proper posture to pair with breath work and relaxation techniques. Class benefits include greater flexibility and improved strength, energy and concentration, clarity and overall health. Mats and props available for class or bring your own.

Instructor: Lisa Rados

**Jul 12 11:15am - 12:15pm W**

**\$70 / 11 classes**

[A06415.402](#)

## **Improver Drop-In Line Dance**

Learn popular step sequences in these fun weekly sessions. The first half of the class is basic and beginner refresher steps and the second half has more advanced sequences. A fun and interactive way to be more active.

Volunteer led. Instructor: Linda Pohland

**Jul 11 11:15am - 12:45pm Tu**

**\$5 per month**

[A06422.401 - Jul](#)

[A06422.402 - Aug](#)

[A06422.403 - Sept](#)

## **Intermediate Drop-In Line Dance**

Learn popular step sequences in these fun weekly sessions. Volunteer led classes for the intermediate to advanced line dance enthusiast. A fun and interactive way to be more active.

**Jul 13 1:30 - 3pm Th**

**\$5 per month**

[A06423.401 - Jul](#)

[A06423.402 - Aug](#)

[A06423.403 - Sept](#)



# EXERCISE AND FITNESS

## Mat Pilates

Pilates enhances flexibility while building lean muscle, strength and endurance in the hips, back and abdomen. Improve your posture and your balance as you strengthen these core muscles.

Mats and props are available for class or bring your own. No class Jul 17, Aug 7 & 10.

Instructor: Maggie Lockhart.

**Jul 3 11:30am - 12:30pm M & Th**

**\$105 / 20 classes**

**[A06457.401](#)**

## Ultimate Beginner Drop-In Line Dance - **Back by Popular Demand!**

Join in on today's popular step sequences in these fun weekly sessions. This 30 minute class is for the absolute beginner. Volunteer led. Instructor: Linda Pohland

**Sept 5 10:30 - 11am T**

**\$3 per month**

**[A0642.403 - Sept](#)**

## Walking Club

Meetup in the gym for a walk around the indoor track - 12 laps equals 1 mile. The track is available anytime NLCC is open and there is no organized activity in the gym.

**Jul 3 8 - 9am M-F**

**Free**

**[A06412.401](#)**

## Zumba

An exciting interval-style dance workout (but no dance experience is needed!) incorporating Latin and World rhythms while improving your flexibility, balance, and overall cardiovascular fitness.

Instructor: Roxanne Hartman, OTR/L, CDP

**Jul 7 10am - 11am F**

**\$83 / 12 classes**

**[A06411.401](#)**



***“Getting fit has never  
been so fun!”***

*- a NL50+ member*

Current Fitness Class Schedules available at 50+ Center Front Desk

# VIRTUAL CORNER



**Virtual Groups.** All groups are weekly unless otherwise noted. Pre-registration required to access link.

## CAREGIVER SUPPORT GROUP

7:00 p.m. - 8:30 p.m. (3rd Monday of the month, except for holidays, usually rescheduled)  
For adult caregivers of adults. The group focus is on caring for the caregiver. Discussions include topics such as stress management, resources, and caregiving techniques.

## MONDAYS - AGING WITH GRACE

11:00 a.m. - 12:00 p.m.

### Next Session: September 25 - December 18

A deeper look at what our later years bring, offer, and demand. Each session will explore topics on aging often not discussed such as legacy, possibilities and more! A limited supply of the book, "The Gift of Years" by Joan Chittister are available. Registration deadline: September 20.

## WEDNESDAYS - OPEN MIND GROUP

9:30 - 11:30am

In-depth discussion on topics drawn from the issues and challenges of today, in a collegial environment where all input is respected.

## THURSDAYS - ON OUR MINDS

10:00 - 11:30am

Find camaraderie in a highly supportive group. Join the discussion on a range of topics from the news, member suggestions, or life experiences.

### For registration information and the link, contact:

Karen Hull, HCOAI, 410-313-746(voice/relay). email: [khull@howardcountymd.gov](mailto:khull@howardcountymd.gov).

Elaine Widom, 410-313-7353 (voice/relay); [ewidom@howardcountymd.gov](mailto:ewidom@howardcountymd.gov)

All participants must register through **Active.net**

Aging with Grace	<a href="#">A20100.200</a>
Open Mind Group	<a href="#">A20101.200</a>
On Our Minds	<a href="#">A20102.200</a>
Caregiver	<a href="#">A20103.200</a>

**National Park Series:** Please email Regina Joffe at [rjoffe@howardcountymd.gov](mailto:rjoffe@howardcountymd.gov) to be included in the email list for the following virtual park tours.

### Thursday, July 13, 2023 2:00 PM Gateway Arch National Park:

Join an education ranger from the park to discuss about how the arch was built and more!

### Thursday, August 10, 2023 2:00 PM Lincoln Home National Historic Site:

Join an educational ranger from Lincoln Home National Historic Site to see how artifacts can help us understand a person or time period.

### Thursday, September 21, 2023 2:00 PM Ulysses S. Grant National Historic Site:

Join us for the virtual program, "Ulysses S. Grant and the National Park Service." A National Park Ranger will lead a 30 minute talk that will includes discussions of the establishment of Yellowstone National Park and the National Park Service's current operations today. 15 minutes will be reserved for Q&A, total of 45 minutes for the virtual program.

## Virtual Fitness Pass Information

Are you interested in joining our Virtual Community of Fitness Classes? Sign up for our Paid Virtual Fitness Class Pass and enjoy **20** different classes per week, for only **\$45** a month. Sign up for 3 months at a time for only **\$120**.

To sign up and for more details on classes and instructors, call 410.313.1400 or 410.313.5440. You can also sign up [online](#). Search: 50+Virtual Exercise Classes.

**Classes include:** All-In-One, Balance, Barre, Cardio Kickboxing, Circuit Conditioning, Floor/Core/More, Pilates, Power, Seated Classes, Yoga, Zumba Gold®